

Exercises that can be completed at home



Knee Extensions

- Sit tall in a chair with your back well supported.
- Straighten your leg fully and bring your toes up towards you.
- Hold for 5 seconds.
- Lower your leg slowly.

Repeat 10 times each leg until your leg tires.



Heel Raises

- Stand tall in front of your kitchen counter or similar sturdy surface.
- Hold on with both hands and look straight ahead.
- Place your feet hip distance apart.
- Lift your heels slowly and squeeze your bum muscles.
- Lower heels slowly to the ground.

Repeat 10 times until your legs tire.



Sit to Stand

- Sitting on a sturdy chair.
- Stand up slowly.
- Once upright, slowly sit back down.

See how many you can do in 30 seconds.



Overhead Press

- Sitting tall on a sturdy chair.
- Hold a tin of beans/bottle of water in each hand.
- Lift one arm over your head at a time.

Repeat 10 times each side/until your arms tire.



Bicep Curls

- Sitting on a study chair or standing tall near a stable surface.
- Hold a tin of beans/bottle of water in each hand.
- Bend your elbow towards your shoulder one at a time.

Repeat 10 times each side/until your arms tire.



Irish Society of
Chartered
Physiotherapists
The Voice of Physiotherapy in Ireland

Physiotherapy advice
for patients with
COVID-19 after
discharge from hospital

If you feel as though your
symptoms are worsening or that
you need further treatment,
please contact your GP.

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Irish Society of Chartered Physiotherapists
RCSI, 121 St Stephen's Green,
Dublin 2, D02 H903, Ireland.

T: +353 1 4022148

E: info@iscp.ie

www.iscp.ie



It can be normal to feel tired, weak or short of breath after you are discharged from hospital. However, being active can help you recover quicker. This booklet is designed to give you simple advice to help you recover after your admission to hospital with Covid-19.

How much can I do?

On discharge from hospital you can exercise outside your home in accordance with government restrictions. Your aim over the next few weeks should be to increase your activities gradually. However, in order to achieve this, you will need to pace yourself. Regular exercise is good for you but keep in mind that it will take you time to get back to your normal activities.

- Start slowly and introduce new activities gradually
- Set yourself realistic targets each week
- Rest when you feel tired
- Do not compare yourself to others

It is important to monitor your breathlessness when you exercise. You should exercise at a level whereby you are slightly out of breath but still able to talk.

Pacing

Don't worry if you feel more tired and that you have less energy than usual. This is normal and may last for up to 6-8 weeks. The key is to 'listen to your body' and slow down. Take more rests and change how you do daily tasks. Try and plan your day; ensuring balance with your daily activities and some exercise.

Energy Management

Use energy saving techniques like sitting on a stool to do the ironing/gardening or when preparing food. When you take some time out to rest, try to get into the prone position, this means lying in your front. You can use cushions and pillows to make yourself more comfortable.

Stress Management

Feeling anxious about having had Covid-19 is understandable. One way to manage your stress/anxiety is to stay in contact with people. Try to talk to a friend or family member daily online or on the phone or take time to read a book, do a crossword or watch a TV programme you enjoy. Contact your GP if you feel your anxiety and stress isn't manageable.

Walking

Walking is one of the simplest but best ways to begin to regain your strength and fitness.

How much walking to do?

The following is a guide only. After 6 weeks you should aim to be walking at least 30 minutes 5 days of the week. This walking should be reasonably fast so that you are slightly out of breath (you should still be able to 'talk and walk'). Try to plan your walks e.g. is there somewhere you can take a break if you feel tired or breathless, like a wall or a bench to sit on.



Week 1:

5-10-minute walks daily

Week 2:

10-15-minute walks daily

Week 3:

15-20-minute walks daily

Week 4:

20-25-minute walks daily

Weeks 5-6:

25-30-minute walks daily